

## ABSTRACT OF THE DISCLOSURE

Dental bleaching compositions in the shape of a dental tray, strip or patch include an adhesive activation composition and a dental bleaching gel. A barrier layer may be included to form a dental bleaching device that protects the bleaching composition from saliva or moisture during use. The adhesive activation composition is substantially solid and has increased adhesiveness to oral tissue when moistened with saliva or water. The adhesive activation composition is formed from an intermediate composition that is heated to drive off the solvent. Using a bleaching gel separate from the adhesive activation composition improves the potency and stability of the bleaching agent prior to use. During use, saliva or moisture cause the bleaching gel to be activated as the bleaching agent activator in the activation composition is leached therefrom so as to react with and destabilize the bleaching agent within the bleaching gel.

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